

# DINNERLY



## Reduced-Carb Masala Lamb Stir-Fry with Yoghurt and Tomatoes



25 minutes



2 Servings

Stir-fry lamb mince with mild Indian spices, toss through cabbage, then serve with refreshing tomato and yoghurt. It's a speedy one-pan wonder with loads of flavour but less carbs.



#### WHAT WE SEND

- 200g cabbage
- 1 spring onion
- 1 tomato
- lamb mince
- 10g masala seasoning
- 100g Greek-style yoghurt <sup>7</sup>

#### WHAT YOU NEED

- 2 garlic cloves
- 10g butter <sup>7</sup>
- 1 tbs vegetable oil

#### TOOLS

- mandoline (optional)
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Milk (7). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 430kcal, Fat 28.1g, Carbs 11.8g, Proteins 31.1g



#### 1. Prep ingredients

Thinly slice the **cabbage** with a sharp knife or mandoline. Thinly slice the **spring onion**, keeping the white and green parts separate. Cut the **tomato** into 1cm chunks. Crush or finely chop **2 garlic cloves**.



#### 2. Stir-fry cabbage

Melt **10g butter** and **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Stir-fry the **cabbage** for 2-3 mins until just tender (see Kitchen 101). Season with **salt and pepper** and remove from the pan.



#### 3. Brown lamb mince

Heat **2 tsp vegetable oil** in the pan over high heat. Stir-fry the **lamb mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **masala seasoning**, **garlic** and **white part of the spring onion**, then stir-fry for 1 min or until fragrant.



#### 4. Finish stir-fry

Add the **cabbage** to the mince mixture and stir-fry for 1-2 mins until warmed through. Taste, then season with **salt and pepper**.



#### 5. Serve up

Divide the **lamb stir-fry** among bowls, scatter over the **tomato** and **remaining spring onion**. Drizzle with the **yoghurt** and enjoy!



#### 6. Kitchen 101

Fast and hot is key when stir-frying! Make sure you cook over the heat indicated, stirring constantly so everything is cooked evenly. We've used a deep frypan, but you can use a wok if you have one.